



Greetings -- Welcome to **What's Fresh NOW** from **Puget Sound Fresh**. You'll still find a fabulous array of delicious, fresh products from our Puget Sound farms - ready for your fall menus. We're still in a delicious local market time - with hundreds of products ripe and ready for your table. Make it point to try at least one new flavor this fall -- right from our local farms. Be sure to ASK at your local grocery store, farmers market or on-farm stand for **Puget Sound Fresh** products -- from farms in the 12 counties that touch Puget Sound. You'll get the freshest, tastiest produce possible.



Here's "What' Fresh" NOW at the markets:



Apples - lots of varieties, including Fuji, Gala, Jonagold, and HoneyCrisp. Try a variety fresh from the tree or in your favorite recipes.

Squash -- it's the time of year when the winter squashes make their appearance on the market tables. Look for all the sizes/shapes and flavors as you plan your fall meals. Try Acorn, Butternut, Kabocha....and some of the late summer varieties, too....Zucchini, Delicata and LOTS more. Make a savory squash/pumpkin soup for a delicious hot winter dinner.

Potatoes -- They're coming on fast. Look for Yukon Gold, Viking Purple, German Butterball, Fingerlings and more.

Pumpkins -- another squash variety --with lots of soup, bread, cookie and cake ideas. Try the Sugar Pie Pumpkins for a real treat.



Tomatoes -- Heirloom varieties, large and small, red and yellow. Perfect for cooking and on salads - or just eating whole.

Corn -- check out all the varieties -- yellow, white and bi-color. Try some fresh corn in a chowder or with your fall dinners.



Peppers -- What color do you like? Peppers come in almost every color of the rainbow! Try them all for beautiful salads and delicious grilled veggies...red, purple, green, yellow, orange and chocolate.

Cucumbers -- They are not just for salads anymore! Try all the varieties -- slicing, pickling, Japanese, English, lemon.

Leeks

Garlic -- from mild to medium to HOT!

Carrots -- traditional orange, in a variety of shapes/sizes, and now in white, too.

Rutabagas, Parsnips & Turnips -- boiled, grilled, in soups and stews.

Eggplant -- grill it up with your favorite veggies.

Broccoli - healthy and delicious, fresh or cooked., try the Romanesco variety

Cauliflower

Kohlrabi

Radishes

Mushrooms -- Chanterelles are here!

Greens

Herbs,

Pears -- for cooking, in salads and right off the tree.

Hardy Kiwi

Cranberries -- perfect for fall flavor and color.

And don't forget our local processed products that add special touches to every menu!



Look for locally-produced sauces, honeys, jams, jellies and dried fruits & peppers.

Plus:

Shellfish -- mussels, clams, oysters....

Goat Cheeses

Organic cheeses - Gouda and more

Pork - pasture raised & finished

Lamb - chops, legs, shoulder cut, ribs

Beef - organic pasture-raised & finished

Chicken - free-run, fryers and roasters

Eggs - local, organically-fed, every color!

Honey, and

Our wonderful local ciders.

Decorate your fall tables with the fabulous flowers fresh from the fields. Colors are beautiful and the bouquets are long-lasting.

HERE'S HOW TO FIND OUR LOCAL FARMERS MARKETS: [Farmers Markets](#)

Some of the markets are open this year right up until Christmas...and then again during the winter. Check the Web site for schedules.

To find the best in local produce, visit any of our **Puget Sound Fresh** "Partners" restaurants, caterers and retailers who feature local, fresh products from our local farms.

For a list of our "Partners" see: **Puget Sound Fresh** ["PARTNERS"](#)

[Puget Sound Fresh](#) is a program of [Cascade Harvest Coalition](#), with support from King and Snohomish Counties. If you no longer want to receive this email, please respond to: pugetsoundfresh@aol.com and we will remove your name.

Names and email addresses from this list are not shared with any other group and will not be used for any other purposes than providing you with information on what is fresh from our local farms.

GARLIC ROASTED BABY POTATOES

Uses 2-3 lbs. of Puget Sound Fresh potatoes - try combining reds, blues, yellows and whites for a colorful, flavorful dish.

2-3 lbs. Puget Sound Fresh potatoes

3-4 Tbsp. Puget Sound Fresh butter

2 cloves of garlic, diced

Garlic Salt - to taste Montreal seasoning

Wash and quarter potatoes. Place in a 9 x 13 baking pan or dish. Add diced garlic, butter (or margarine). Sprinkle water over potatoes. Sprinkle with garlic salt and a little Montreal seasoning.

Cover with foil. Bake at 350 degrees until potatoes are done; about 45 minutes.

From: Cindy Chonzena at The Tasteful Approach Catering, Everett, WA

PUGET SOUND FRESH BAKED WINTER SQUASH SOUP

serves 12

2 Acorn squash

2 Butternut squash

1 large onion, thinly sliced

10 Cups chicken stock

8 Tblsp. (1 stick) butter	3/4 tsp. ground mace
8 tsp. dark brown sugar	3/4 tsp. ground ginger
3 carrots, halved	pinch of cayenne pepper
salt, to taste	sour cream & chives for garnish

Preheat oven to 350 degrees. Cut squashes in half lengthwise. Scoop out and discard seeds.

Place squash halves, skin side down, in shallow roasting pan. Place 1 Tblsp. butter and 1 tsp brown sugar in the cavity of each squash half. Arrange the carrots and onion slices around squash. Pour 2 cups of stock in the pan, cover tightly with foil, and bake for 2 hours.

Remove pan from oven. Allow vegetables to cool slightly. Scoop squash pulp out of skins and place in soup pot. Add carrots, onions and the cooking liquid. Add remaining 8 cups chicken stock, mace, ginger, cayenne and salt. Stir well and bring to boil. Reduce heat and simmer, uncovered for 10 minutes.

Purée the soup, in batches, in blender or food processor, until smooth. Return to pot, adjust seasonings, and heat through. Serve.

From, Shelley Pasco-Verdi, Whistling Train Farm, Kent, WA

APPLE WALNUT CAKE

4 Cups coarsely chopped Puget Sound Fresh apples	
2 Cups flour	2 Cups sugar
2 eggs	1/2 Cup oil
2 tsp. vanilla	1-1/2 tsp. baking powder
1 tsp. baking soda	2 tsp cinnamon
1 cup chopped nuts	
salt	

Combine apples and sugar and let stand. In large mixing bowl, beat eggs, oil and vanilla. In a separate bowl, mix dry ingredients. Add the flour mixture alternately with the apple mixture to the eggs. Stir in walnuts. Pour into greased 9 x 13-inch pan and bake at 350 degrees for 40 to 50 minutes. Note: Apples mixed with the sugar can be frozen for later use.

From: Terry Ann Carkner, Terry's Berries, Tacoma, WA

MORE PUGET SOUND FRESH RECIPES CAN BE FOUND

AT: <http://www.pugetsoundfresh.org/recipes.htm>